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Constitution, By-Laws,

Laws of Athletics



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of the
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CONSTITUTION AND BY-LAWS
OF THE
✓ NATIONAL INTERSCHOLASTIC
AMATEUR ATHLETIC ASSOCIATION

OF TH
UNITED STATES.

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H. I. PRATT,

H. N. DUNBAR.

O. E. MICHAELIS

G. P. SMITH, 143 Crescent Ave., Plainfield, N. J.

PUBLISHED BY THE
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2

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Constitution.

ARTICLE I.

This organization shall be known as the NATIONAL INTER-SCHOLASTIC AMATEUR ATHLETIC ASSOCIATION OF THE UNITED STATES.

ARTICLE II.

The object of this association shall be to foster and promote physical exercise among the public, private and preparatory schools of the United States.

ARTICLE III.

Any interscholastic amateur athletic association, league or club composed of at least two schools shall be eligible to membership.

ARTICLE IV.

The management of this association shall be entrusted to the Executive Committee, consisting of four members and the President, ex-officio, who shall be elected for a term of one year, and no league, association or club shall have more than one representative on the Executive Committee. Vacancies occurring in the membership of the Executive Committee, arising from any cause whatever, shall be filled by the league, association or club of which said student is or was a member.

ARTICLE V.

Any league, association or club desiring to join this association shall send to the secretary a written application for membership, said application to be acted upon by the Executive committee.

ARTICLE VI.

The annual convention of this association shall be held on the evening of the day of the annual field meeting, at 8 o'clock, in the same city in which the annual field meeting is held. The annual field meeting shall be held on the afternoon of the last Saturday in June in each year.

ARTICLE VII.

A special meeting may be called by the Secretary at the written request of any league, association or club belonging to this association, provided that notice of such meeting be sent to every league, association or club at least fifteen days before the date assigned for such meeting.

ARTICLE VIII.

At all meetings each league, association or club may be represented by no more than three delegates, each of whom may take part in all discussions, but in the decision of any matter, each league, association or club shall be entitled to only one vote. No voting by proxy shall be allowed.

ARTICLE IX.

Each league, association or club agrees to accept the rules of this association.

ARTICLE X.

The annual dues shall be \$25, payable at the annual convention, but no league, association or club shall be considered a member until its first annual dues have been paid.

ARTICLE XI.

Any violation of the rules of this association by members shall render them liable to suspension by the Executive Committee until the next meeting of the association or to expulsion by a two-thirds vote of the leagues, associations or clubs represented at such meeting.

ARTICLE XII.

No one shall represent any league, association or club at the annual field meeting who has attained the age of 21 years.

ARTICLE XIII.

This constitution may be amended only by a two-thirds vote of the members present at a legally called meeting.

By-Laws.

ARTICLE I.

SECTION 1. The officers of this association shall be a President, Vice-President, Secretary and Treasurer, who shall hold office for a period of one year and who shall be elected by a majority of members present at the annual meeting.

SEC. 2. No league, association or club shall hold more than one office during the same year.

ARTICLE II.

DUTIES OF OFFICERS.

SECTION 1. The President shall preside at all meetings of the association and of the Executive Committee, appoint all sub-committees, audit all bills and order meetings of the Executive Committee or association whenever, in his judgment, he may deem it necessary.

SEC. 2. The Vice-President shall, during the absence of the President, perform all his duties, as specified in Section 1.

SEC. 3. The Secretary shall keep the minutes of each meeting of the association and of the Executive Committee and shall conduct the correspondence, and have charge of and be responsible for all books and papers, except those of the Treasurer, and shall, ex-officio, be a member of the incoming Executive Committee.

SEC. 4. The Treasurer shall collect and have charge of all moneys belonging to the Association, shall pay all bills, when properly approved, and submit a report thereof to the association at the regular meeting or whenever called upon to do so.

SEC. 5. The Treasurer's report shall be submitted to and audited by some responsible accountant before being submitted to and accepted by the association at its annual convention.

ARTICLE III.

SECTION 1. The Executive Committee shall assume entire control of the annual games and shall decide all protests.

SEC. 2. The annual meeting of the Executive Committee shall be held the evening before the annual field meeting.

ARTICLE IV.

Entries to the games shall close at least three weeks before the day assigned for the games.

At least fifteen days before the annual games a printed list of all the entries shall be sent by the Secretary to all the leagues, clubs or associations of the association. Protests must be sent to the Secretary as soon as this list is received, stating the grounds on which the protest is made. The Secretary shall at once notify the member protested and all members of the Executive Committee.

SEC. 3. The winners and second men of each event in the annual field meeting of each league, association or club may compete at the annual field meeting of this association.

ARTICLE V.

CHAMPIONSHIP EVENTS.

The championship games shall include :

Running 100 yards.

Running 220 yards.

Running one-quarter mile.

Running one-half mile.

Running one mile.

Hurdle racing, 120 yards, 10 hurdles, 3 feet 6 inches.

Hurdle racing, 220 yards, 10 hurdles, 2 feet 6 inches.

Walking one mile.

Running high jump.

Running broad jump.

Pole vaulting.

Putting the shot, 12 pounds.

Throwing the hammer, 12 pounds.

Bicycle racing, one mile.

ARTICLE VI.

All bills shall be presented to the President, or in the event of his absence, to the Vice-President, and shall be audited by him. In case of approval he shall affix his signature and date of approval. After such approval the Treasurer shall be authorized to pay.

ARTICLE VII.

ORDER OF BUSINESS.

Roll call.

Reading, correction and adoption of minutes.

Unfinished business.

Reports and communications.

Election of officers.

Adjournment.

ARTICLE VIII.

These by-laws may be altered, amended or suspended at any meeting of the association by a two-thirds vote of the leagues, clubs or associations present, provided two weeks' notice shall have been given to every league, association or club belonging to this association.



Rules to Govern the Awarding of the Championship Cup.

RULE I.

This cup shall be awarded to that league, club or association of the NATIONAL INTERSCHOLASTIC AMATEUR ATHLETIC ASSOCIATION OF THE UNITED STATES which shall be champion from one field meeting to the next.

RULE II.

SECTION 1. That league, club or association shall be champion which shall score a plurality of points.

SEC. 2. Points shall be counted as follows :

A first prize shall count five points.

A second prize shall count two points.

A third prize shall count one point.

SEC. 3. In the case of two or more leagues, clubs or associations scoring an equal number of points, then if one of these leagues, clubs or associations shall have been champion for the previous year that league, club or association shall continue to hold the championship and cup for the ensuing year.

SEC. 4. But in case the champion of the previous year be not of those leagues, clubs or associations described under Section 3 of Rule II., and that two or more leagues, clubs or associations shall score an equal number of points, then for the ensuing year the championship shall be held in abeyance and merely the names of the leagues, clubs or associations that make the tie, together with the date and place of performance, shall be inscribed on the cup, and the cup shall be kept for the year by the association.

RULE III.

All disputes with regard to the possession of the cup shall be referred to the Executive Committee of this association.

Laws of Athletics.

RULE I.

OFFICERS.

The officers of an athletic meeting shall be :

For track events :

One referee.

Three judges at the finish.

Three time-keepers.

One judge of walking.

One starter.

One clerk of the course, with assistants, if necessary.

One scorer, with assistants, if necessary.

Two measurers.

RULE II.

PROTESTS.

Verbal protests may be made at or before any athletic meeting, against a competitor or team, by any competitor or league, club or association competing ; but such protest must be subsequently and before action thereon, made in writing and duly presented to the association.

RULE III.

INNER GROUNDS.

No person whatever shall be allowed inside the track except the officials, Executive Committee and properly accredited representatives of the press. Authorized persons shall wear a badge. Competitors not engaged in the event actually taking place shall not be allowed inside or upon the track.

RULE IV.

STARTING.

When the starter receives a signal from the judge at the finish that everything is in readiness he shall direct the com-

petitors to get on their marks. Any competitor starting before the signal shall be put back a certain number of yards, according to the judgment of the starter. For the second offense double the first distance and for the third shall be disqualified. He shall be held to have started when any portion of his body touches the ground in front of his mark. Stations count from the inside.

RULE V.

KEEPING PROPER COURSE.

In all races on a straight track each competitor shall keep his own position on the course from start to finish. In the 100 and 220-yard dashes courses for contestants should be marked out by stakes protruding from the ground and connected at the top by a cord or wire plainly marked.

RULE VI.

CHANGE OF COURSE.

In all races other than on a straight track a competitor may change toward the inside whenever he is two strides ahead of the man whose path he crosses.

RULE VII.

FOULING.

Any competitor may be disqualified by the referee for jostling, running across, or in any way impeding another.

RULE VIII.

FINISH.

A thread shall be stretched across the track at the finish, four feet above the ground. It shall not be held by the judges, but fastened to the finish posts on either side, so that it may always be at right angles to the course and parallel to the ground. The finish line is not this thread, but the line on the ground drawn across the track from post to post, and the thread is intended merely to assist the judges in their decision. The thread must, however, be "breasted" by each competitor finishing first, and no competitor shall be allowed to seize the thread with his hands. The men shall be placed in the order in which they cross the finish line.

RULE IX.

WALKING.

The judge shall caution for any unfair walking, and the third caution shall disqualify the offender. On the last one-eighth (220 yards) of a mile, an unfair walker shall be disqualified without previous caution.

RULE X.

HURDLES.

120-yards hurdle race shall be over ten hurdles, each 3 feet 6 inches high. The first hurdle shall be placed 15 yards from the scratch and there shall be 10 yards between each hurdle. 220-yards hurdle race shall be over ten hurdles, each 2 feet 6 inches high. The first hurdle shall be placed 20 yards from the scratch, and there shall be 20 yards between each hurdle. Hurdle races of different number and height of hurdles may be given. No record shall be made in a hurdle race unless each of the hurdles, at the time the competitor jumps the same, is standing.

RULE XI.

JUMPING.

No weights or artificial aid will be allowed in any jumping contest except by special agreement or announcement. When weights are allowed, there shall be no restrictions as to size, shape or material.

RULE XII.

RUNNING HIGH JUMP AND POLE-VAULT.

The height of the bar at starting and at each successive elevation shall be determined by the measurers. Three tries allowed at each height. Each competitor shall make one attempt in the order of his name on the programme; then those who have failed (if any) shall have a second trial in regular order, and those failing on this trial shall take their final trial. Displacing the bar counts as a "try." A line shall be drawn six feet in front of the pole and parallel therewith in pole-vaulting, and three feet in front of the bar and parallel therewith in high jumping, and stepping over such line, to be known as the balk line, in an attempt, shall count as a balk. Three

balks count as a "try." A competitor may omit his trials at any height, but if he fail at the next height he shall not be allowed to go back and try the height he omitted. Each competitor shall be credited with the best of all his jumps or vaults.

RULE XIII.

RUNNING BROAD JUMP.

The competitors shall have unlimited run, but must take off from or behind the scratch. The scratch line shall be a joist five inches wide, the ground in front of which shall be removed to the depth of three and the width of six inches. Stepping over the scratch in an attempt shall be no jump, but shall count as a "try." Each competitor shall be allowed three trials, and the best three men shall have three more trials each. Each competitor shall be credited with the best of all his jumps. The measurement shall be from the outer edge of the joist to the nearest break of the ground made by any part of his person. A line shall be drawn six feet in front of the scratch line, and stepping over such line in an attempt shall count as a balk; three balks count as a "try."

RULE XIV.

PUTTING THE SHOT.

The shot shall be a metal sphere weighing twelve pounds. It shall be put from the shoulder with one hand and during the attempt it shall not pass behind nor below the shoulder. It shall be put from a circle seven feet in diameter, two feet of whose circumference shall be a toe board four inches in height. Foul puts, which shall not be measured, but which shall count as puts, are as follows :

1. Letting go of the shot in an attempt.
2. Touching the ground outside the circle with any portion of the body while the shot is in hand.
3. Touching the ground forward of the front half of the circle with any portion of the body before the put is measured.

Each competitor shall be allowed three puts and the best three men in the first trial shall be allowed three more puts. Each competitor shall be credited with the best of all his puts.

The measurement of the put shall be from the nearest edge of the first mark made by the shot to the point of the circumference of the circle nearest such mark.

RULE XV.

THROWING THE HAMMER.

The hammer head shall be a metal sphere. The handle may be of any material and the combined length of the head and handle shall not be more than four feet, and the combined weight shall not be more than twelve pounds.

The hammer shall be thrown from a circle seven feet in diameter. In making an attempt a competitor may assume any position he pleases. Foul throws, which shall not be measured, but which shall count as throws, are as follows :

1. Letting go of the hammer in an attempt.
2. Touching the ground outside the circle with any portion of the body while the hammer is in hand.
3. Touching the ground forward of the front half of the circle with any portion of the body before the throw is measured.

Each competitor shall be allowed three throws, and the best three men in the first trial shall be allowed three more throws. Each competitor shall be credited with the best of all his throws. The measurement of the throw shall be from the nearest edge of the first mark made by the head of the hammer to the point of the circumference of the circle nearest such mark.

RULE XVI.

BICYCLING.

1. The bicycle race shall be restricted to those wheels known as safety bicycles.
2. The officers for all bicycle races shall be : a referee, three judges at the finish, three time-keepers, one starter, one clerk of the course, one scorer and umpires.
3. The referee shall have general supervision of the race. He shall give judgments on protests received by him ; shall decide all questions or objections respecting foul riding, start-

ing from the wrong mark, or such like offences, of which he may be personally cognizant, or which may be brought to his attention by an umpire or by other officers. He shall act as he may think for the best in cases of misconduct by attendants, and shall disqualify any competitor who may become liable to disqualification. He shall decide all questions whose settlement is not otherwise provided for in these rules. His decision in all cases shall be final.

4. The judges shall decide the position of the men at the finish. Two shall stand at one end of the tape and the third at the other. One shall take the winner, another the second man and the other the third man ; they shall also note the distance between the first three as they finish. In case of disagreement the majority shall decide. Their decision as to the order in which the men finish shall be final, and without appeal.

5. It shall be the duty of the starter when it has been reported to him by a clerk of the course that all competitors are ready, to see that the time-keepers are warned and before starting the men to say "Mount"; in a few seconds after to say "Are you ready?" and if no reply to the contrary be given, to effect the start by report of pistol. Should the pistol miss fire, the start may be made at the word "Go." The starter may, at his discretion, put back to a distance not exceeding 10 yards, any competitor starting before the signal is given. In case of a false start, the competitors shall be called back by the starter and re-started. Any competitor refusing to obey shall at once be disqualified. The starter shall announce to the competitors the distance which they are to ride, and shall indicate the commencement of the last lap. In case of a fall within 30 feet of the scratch line at the start, the contestants shall be recalled and the race started over again. Time handicaps shall be started by the word "Go."

6. It shall be the duty of the umpire to stand at such parts of the field as the referee may direct, to watch closely the riding, and immediately after each race to report to the referee any competitor or competitors whose riding he may consider unfair, to the end that the referee, before making any decision, may

be credibly informed by an official as to the facts. There shall be as many umpires as the size of the track requires.

7. Choice or change of machine, and choice of costume, are not limited, except that shirt and breeches must not bare shoulder or knee. In races distinctly stated on the programme of events to be for a particular class of machines, this rule shall not apply as far as choice or change of machine is concerned.

8. In heat races the winner of the first heat shall take the pole in the next succeeding heat. When races are run in heats and a final the winner of the fastest heat shall take the pole in the final.

9. All starts shall be made from a standstill, with the left hand to the curb, and the machines are to be held in position by an attendant (the front wheel touching the starting line) until the signal is given by the starter. Attendants, when pushing off competitors, must have and keep both feet on the ground behind the mark from which the competitor actually starts. Should the attendant overstep that mark with either foot, while touching the bicycle, the competitor may be disqualified. Any competitor shall be at liberty, with the consent of the referee, to start from a mark behind the one allotted to him in the race, but in such case, as in all others, the point of contact of the first part of the machine with the ground shall be considered the starting mark, which the attendant shall not overstep.

10. No one shall be allowed to coach competitors.

11. The finish of all races shall be judged by the first part of the front wheel which touches the tape fastened flat on the ground at the winning post.

12. Riders must pass on the outside (unless the men passed be dismounted), and must be at least a clear length of the bicycle in front before taking the inside. The inside man must allow room for his competitor to pass on the outside. A competitor overtaking another may pass between him and the pole if there be ample room, but he does so at his own risk; and should a foul be claimed the referee must decide if the rider was justified in his course. Riders are cautioned that they must not pass inside, except as a last resort.

13. Any competitor guilty of foul riding will be disqualified and debarred from any place or prize.

14. Competitors may dismount during a race at their pleasure and run with their bicycles, if they wish to, but they must keep to the extreme outside of the path whenever dismounted. If the rider is dismounted by accident or is obliged to change his machine, he shall not be allowed a push-off in starting again, but an attendant may hold his machine while he mounts it, and he must so mount at the extreme outside of the path. Should a competitor receive a push-off from his attendant (except at the start of a race), he shall dismount and mount over or he shall be disqualified. A competitor may remount at any part of the race.

15. If a competitor in a race for any distance not exceeding three miles shall fall behind a quarter of a mile, or if he shall fall behind half a mile in a race of any greater length, he shall be adjudged distanced by the referee, and shall be called from the track. Pacing, if attempted, shall disqualify both the competitor and the pacemaker.

16. All bicycle events and race meets of this association, or of clubs affiliated therewith, shall be held under L. A. W. sanction. In open handicap races held by clubs of this association, such clubs shall employ the official handicapper of the L. A. W., and special races not herein provided for shall be governed by L. A. W. rules.

17. Ignorance of any of the foregoing rules will not be considered a valid excuse for violation.

RULE XVII.

All cases of dispute and any question that may arise not provided for in these laws, and in the interpretation of these laws, shall be referred to the Executive Committee of the association.

RULE XVIII.

A national interscholastic record is any record made at the annual meeting of the N. I. S. A. A. A.

An interscholastic record is one made by a student in any annual field meeting of any leagues, clubs or associations of this association.

The N. I. S. A. A. shall keep a list of all N. I. S. A. A. records and another of all records of the leagues, clubs or associations of this association.

RULE XIX.

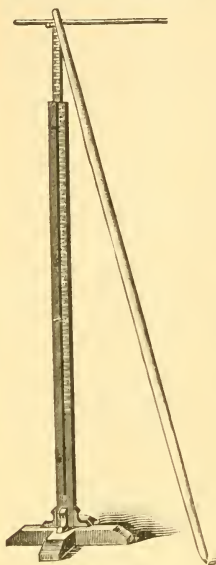
This association shall from time to time give its approval to all records made in standard games of the leagues, clubs or associations of this association.

No record in running, walking or bicycle riding shall be given unless the same shall be timed by at least three official time-keepers, or by assistant time-keepers appointed by the referee.

No record shall be given in the high, standing or broad jump, pole-vaulting, putting the shot or throwing the hammer, unless the same shall be measured by at least two official measurers.

Said timers and measurers shall be regularly approved of by the league, association or club giving games, or by the referee.

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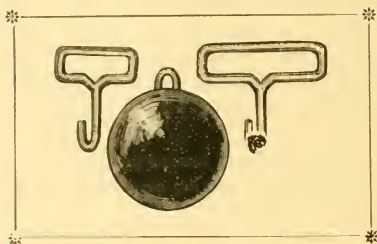
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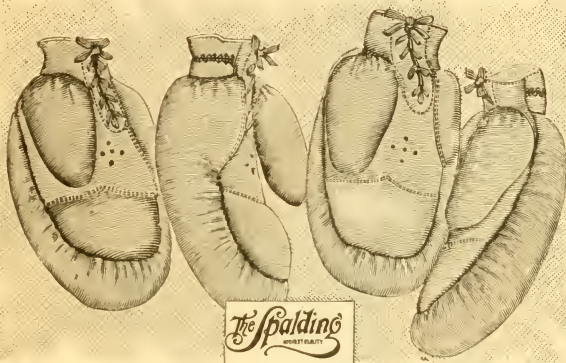
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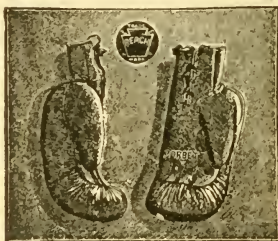
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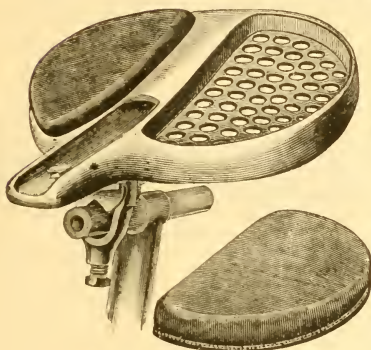
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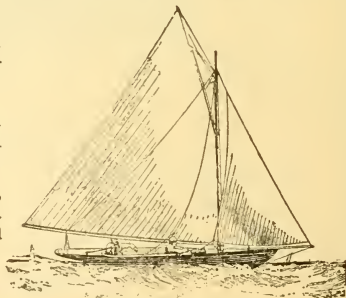
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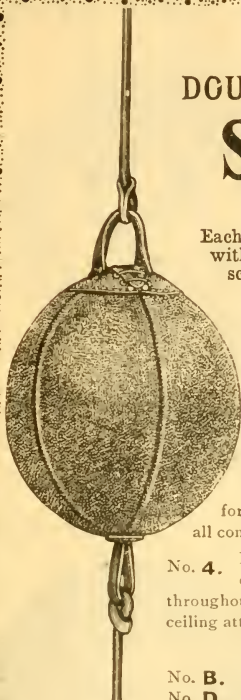
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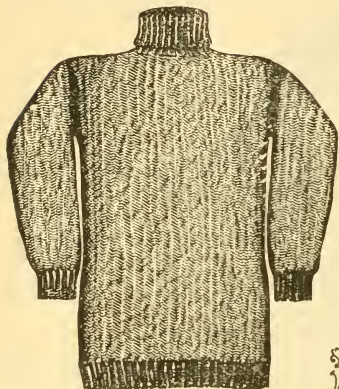
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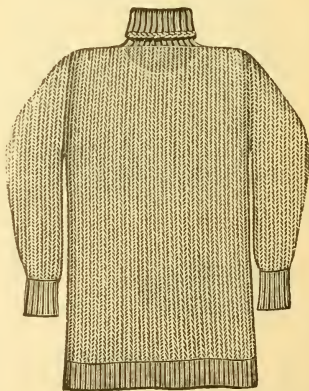
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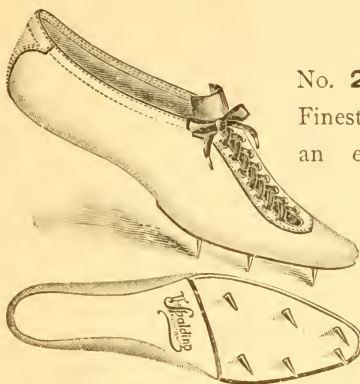


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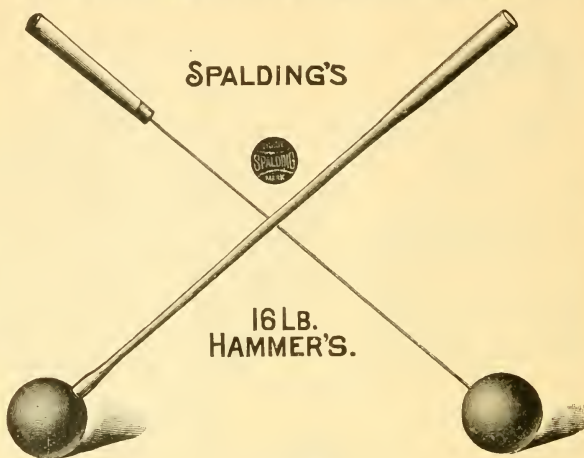
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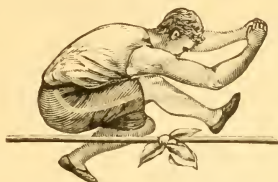
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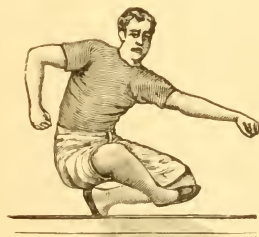
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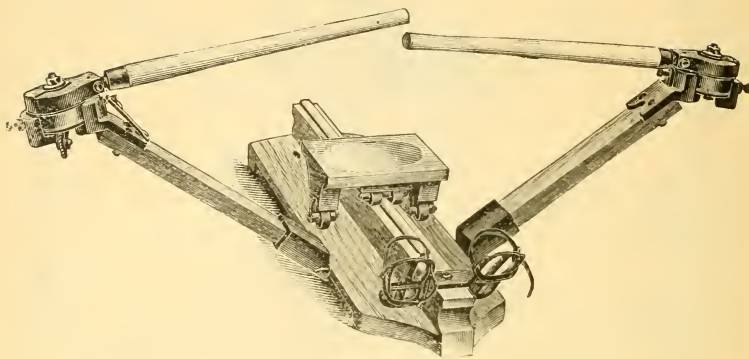
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